






Senior Lunch Sites – November 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Pork Loin Roast w/Gravy Brown Rice Peas and Carrots Whole Wheat Roll Applesauce Pineapple Juice	Beef Hot Dog on a Whole Wheat Bun Diced Onions Potato Wedges Coleslaw Fresh Apple	Minestrone Soup w/Crackers Cheese Ravioli with Meat Sauce Caesar Salad w/ Dressing Country French Bread Fresh Fruit	Lentil soup w/Crackers Chicken Sandwich w/ Lettuce, Tomato, & Onions Whole Wheat Bun California Blend Veg Fruit Cup
7	8	9	10	11
Hamburger Whole Wheat Bun w/Lettuce, Tomato & Onions Potato Wedges Cucumber Salad Canned Pears	Chicken Teriyaki Steamed Rice Oriental Blend Vegetables Almond & Fortune Cookies Orange Juice	Baked Meatloaf w/Gravy Home-Style Mashed Potatoes California Blend Veg Wheat Roll Fruited Gelatin	Veteran's Day Celebration Cream of Tomato Soup w/Crackers Open Faced Hot Roast Beef Sandwich w/Gravy Mashed Potatoes Wheat Bread Apple Crisp	Fish w/Mango Sauce Green Rice Seasoned Carrots Wheat Roll Fresh Fruit 
14	15	16	17	18
Split Pea Soup w/ Crackers Beef Pot Roast w/Gravy Mashed Potatoes Green Salad w/Honey Sesame Dressing Wheat Roll Lemon Pudding	Chicken w/Herb Gravy Orzo with Vegetables Peas and Carrots Whole Wheat Roll Fresh Fruit	Thanksgiving Celebration Roast Turkey w/Drsg & Cranberry Sauce Mashed Potatoes Green Beans w/Almond Slices Wheat Roll Pumpkin Pie w/ Whipped Topping	Birthday Celebration Broccoli Frittata Potato O'Brien Caesar Salad w/Caesar Dressing Wheat Roll Cake Salsa	Spaghetti w/ Meatballs & Marinara Sauce Italian Blend Vegetables Sourdough Roll Parmesan Cheese Fresh Melon
21	22	23	24	25
Mexican Corn Soup w/ Crackers Fish Vera Cruz Rice Pilaf Wheat Roll Lemon Pudding w/SF Whipped Topping	Swedish Meatballs Egg Noodles Whole Baby Carrots Whole Wheat Roll Chocolate Chips Orange Juice	Thanksgiving Brunch Cheese Omelet Sausage Patty Potato O'Brien Green Salad w/Dressing Croissant Fresh Melon	CLOSED Happy Thanksgiving! 	CLOSED Giving Thanks 
28	29	30		
Baked Ham w/Fruit Glaze Sweet Potatoes Capri Veg Blend Wheat Bread Cake Pineapple Juice	Chicken Cacciatore Penne Pasta Broccoli Wheat Roll Fruit Salad	Homemade Macaroni and Cheese Green Salad w/French Dressing Peas with Pearl Onions Wheat Bread Fresh Fruit		Suggested Donation - \$2.50 Meal Cost for Under Age 60 - \$3.50

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily. Has 1,000 mg or more of Cholesterol, 0% transfat buttery spread served with bread and rolls



sodium. Low